



The Valley's Nia Sanchez Considers 'Mommy Makeover' After Plastic Surgery Appointment

By Mike Vulpo July 15, 2025



Nia Sanchez is hoping to feel good in her clothes again as she debates a mommy makeover.

During the Tuesday, July 15, episode of *The Valley*, the reality star, 35, decided to meet with triple board-certified plastic surgeon Dr. Raffi Hovsepian for a consultation.

“My No. 1 focus would be my breasts,” she said as husband Danny Booko offered support alongside her. “They used to be beautiful and perky and great, and now I feel like they are down to my belly button. My next concern is my stomach.”

After Dr. Raffi acknowledged that she may have “extreme damage” in her breasts after giving birth to three kids, Nia couldn’t help but get emotional. (At the time of filming, Nia and Danny were not expecting their fourth child. A baby girl named Adelaide later arrived in June.)

“I really thought my boobs would bounce back,” Nia said while wiping away tears. “I try not to even look at myself in the mirror that often because I know what they used to be.”



Nia Sanchez Trae Patton/Bravo

Danny, 41, replied, “It’s just insane what your body goes through. I’m just so proud of you. My No. 1 goal is to see you happy.”

Before the consultation even began, Danny reminded his wife that she’s a “fricken smoke show.”

Regardless of the compliments she received, Nia couldn’t help but describe the variety of emotions she was feeling before meeting with a doctor.

“I want to feel good in clothes again,” she said. “With the right bra, it’s great. But then, I’m at home and I don’t love how I look. I’m nowhere near pre-baby sizes yet.”

Nia also shared how her experience growing up in beauty pageants may have had an impact on her body image. (Before joining *The Valley* when the show launched in March 2024, Nia won Miss USA 2014.)

“I feel like I’m very much at a crossroads this summer because are we going to have one more child or if we are done and our family is just perfect at three, then I 100 percent want a mommy makeover,” she said. “Being a former Miss USA, it’s always in my head. People feel like there’s a right to judge you. A lot of who I am revolves around if I’m fit or not. I want to love what I’m seeing and I don’t love what I see in the mirror right now.”

The Valley airs on Bravo Tuesdays at 9 p.m. ET. Stream past episodes anytime on Peacock.